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## HANDOUTS

- 4 Steps to Control Your Diabetes for Life
- Be Smart About Your Heart. Control the ABCs of Diabetes, A1C, Blood Pressure, Cholesterol
- If You Have Diabetes...Know Your Blood Sugar Numbers!
- Tips for Helping a Person With Diabetes
- Am I at Risk for Type 2 Diabetes?
- More Than 50 Ways to Prevent Diabetes
- Tips for Kids with Type 2 Diabetes Series
  - What is Diabetes?
  - Be Active
  - Stay at a Healthy Weight
  - Eat Healthy Foods
- Overview of Diabetes in Children and Adolescents